



**WIC Foods for
Pregnant Women
And Partially
Breastfeeding
Women**

Each Month Mom Gets:

Grains

36 ounces Breakfast Cereal
And
1 pound Whole Wheat Bread or
other Whole Grain Option

Milk

4 gallons + 3 quarts
2%, 1% or Skim Milk

Cheese

1 pound block or sliced

Eggs

1 dozen

Beans

1 pound dried beans or peas

Peanut Butter

18 ounce container

Juice

3 - 11.5-12 ounce frozen concentrate
(144 ounces)

Fruits and Vegetables

\$10.00 per month voucher

**Louisiana Department of
Health and Hospitals**

Office of Public Health

WIC Program



October 2009



**WIC Foods for
Fully
Breastfeeding
Moms**

Each Month Mom Gets:

Grains

36 ounces of Breakfast Cereal
And
1 pound Whole Wheat Bread or other
Whole Grain Option

Milk

5 gallons + 1 quart 2%, 1% or Skim

Cheese

2 pounds block or sliced

Eggs

2 dozen

Beans

1 pound dried beans or peas

Peanut Butter

18 ounce container

Juice

3 - 11.5-12 ounce frozen concentrate
(144 ounces)

Canned Fish

30 ounces canned tuna or salmon

Fruits and Vegetables

\$10.00 per month voucher



**WIC Foods for
Moms Not
Breastfeeding**

Each Month Mom Gets:

Grains

36 ounces Breakfast Cereal

Milk

3 gallons + 1 quart 2%, 1% or Skim Milk

Cheese

1 pound block or sliced

Eggs

1 dozen

Beans

1 pound dried beans or peas

Peanut Butter

For special nutrition risk codes only

Juice

2 - 11.5-12 ounce frozen concentrate
(96 ounces)

Fruits and Vegetables

\$10.00 per month voucher

The Louisiana WIC Program
Department of Health and Hospitals, Office of Public Health
P.O. Box 60630, New Orleans, LA 70160

This institution is an equal opportunity provider.

This public document is published at a total cost of \$xxxxxx. 200,000 copies of this public document were published in this first printing at a cost of \$xxxxxx. This document was published by State Office Printing to disseminate information under authority of P.L. 95-627, Sec. 17 (b)(1). This material was printed in accordance with standards for state printing established in R.S. 43:31. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes. Photos courtesy of Texas Department of State Health Services, Louisiana OPH staff, and/or Microsoft Corp.



WIC Foods for Children 1-5 years

Each Month Your Child Gets:

Grains

36 ounces Breakfast Cereal

And

2 pounds Whole Wheat Bread or other Whole Grain Option

Milk (Whole milk for 13-23 months)

3 gallons + 1 quart

2%, 1% or Skim Milk (for 2-5 year olds)

Cheese

1 pound block or sliced

Eggs

1 dozen

Beans

1 pound dried beans or peas

Peanut Butter (for 2-5 years old)

For special nutrition risk codes only

Juice

2 - 64 ounce containers (128 ounces)

Fruits and Vegetables

\$6.00 per month voucher

WIC Foods for Fully Formula Fed Infants



Each Month Baby Gets:

Birth through 3 months:

31 cans concentrate or 9 cans powdered Infant formula

4 through 5 months:

34 cans concentrate or 10 cans powdered Infant formula

6 through 12 months:

24 cans concentrate or 7 cans powdered Infant formula

And

32 - 4 ounce containers infant fruits and/or vegetables
(128 ounces)

And

3 - 8 ounces boxes infant cereal
(24 ounces)

These amounts are for regular Infant Formula. The amounts may be different for Medical Special Formulas.



WIC Foods for Partially Breastfed Infants

Each Month Baby Gets:

Your Breastmilk Plus

Birth through 1 month:

1 can powdered Infant formula

1 through 3 months:

14 cans concentrate or 4 cans powdered Infant formula

4 through 5 months:

17 cans concentrate or 5 cans powdered Infant formula

6 through 12 months:

12 cans concentrate or 4 cans powdered Infant formula

And

32 - 4 ounce containers infant fruits and/or vegetables
(128 ounces)

And

3 - 8 ounce boxes Infant cereal
(24 ounces)



WIC Foods for Fully Breastfed Infants

Each Month Baby Gets:

Birth through 5 months:

Mom's Priceless Breastmilk

6 through 12 months:

64 - 4 ounces containers infant fruits and/or vegetables
(256 ounces)

And

31 - 2.5 ounce containers infant meat
(77.5 ounces)

And

3 - 8 ounce boxes infant cereal
(24 ounces)

And

Mom's Priceless Breastmilk

Established Breastfeeding moms may be eligible to receive a personal electric breast pump when returning back to school or work.

Ask your WIC Clinic staff for help with Breastfeeding.

Rev 2/09